

SPLASHMASTER

OCTOBER 2014

INLAND NW MASTERS SWIMMING COMMITTEE

MEET RECAP

INLAND NW CHAMPS IN MOSCOW

Fifty-six swimmers representing 16 clubs/workout groups gathered in early April to in the final meet of the 2013-14 season. At the banquet dinner on Saturday, season awards were announced.

(Left) Jean Rudolph (MCM) takes a moment between races to greet Heather Morlan of Puget Sound Masters, 71 years her junior. Heather a WSU student frequently attends Moscow meets with her parents, Garvin and CJ.



Congratulations to:
High Point Male: Jack Bevier
High Point Female: Margaret Hair
High Point Team: Lake City Masters
Most Inspirational: Jack Bevier & Matt Edde
Most Dedicated: Sean Murphy

See [your meet results at MyUSMS at usms.org](http://yourmeetresultsatMyUSMS.usms.org)

NW ZONE CHAMPS IN FEDERAL WAY



Bill Dick, Jack Bevier and Carolyn MaGee from Wenatchee; Paige Buehler and Allen Tedrow from Moscow; Dan Sheahan from Spokane; Margaret Hair (Clarkston), Cindy Clutter (CdA); Jesse Macias and Melinda Tomlinson-Macias from Yakima; and the swimmers from CWU Swim Club represented the Inland Northwest at the Northwest Zone SCY Champs in Federal Way, WA on April 12th-13th looking to swim fast and have fun. Mission accomplished!

(Above) Cindy, Paige, Allen, Margaret, Dan, Jack, Carolyn and Bill under the INW banner.

(Right) CWU Swimmers Lisa Anderson (far), Jaegger Olden, Ian Daling, Alex Semmens, Annie Stercks-Ruetz cheering and taking splits for Kristen Moedyk and Savannah Lemke.



Margaret – Quipped, “Well, I was thrilled that I didn’t swim any PW’s.*”

Carolyn – Won the “fastest reaction time” challenge (once we started paying attention near the end of Sunday) with a 0.72 second departure from the blocks on her 100 Fly.

Jack – Opened up the meet each day swimming in the first heat of the first event.

Swam a beautiful 100 fly.

Paige – MPB’d 100 free and finally broke 34 seconds in 50 fly.

Allen – MPB’d most all of his times and learned to dive using the block “fin.”

Many thanks to Blue Wave Aquatics for hosting a fun zone meet!

(*MPB = Masters Personal Best thus PW=Personal Worst :-)

What's Inside

| | |
|-----------------------|---------|
| Convention Report | p.2 |
| Club & Workout Group | |
| Contacts | p.3 |
| Open Water Recap | p.4 & 7 |
| Turkey Trifecta entry | p.5-6 |
| Tidbits | p.7 |
| Meet Survival Clinic | insert |
| Registration Form | insert |

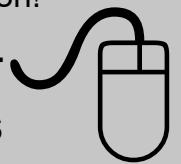
Upcoming Events

Saturday, November 15
Meet “Survival to Success” Clinic & Mini-Meet

Benewah Wellness Center Pool
Plummer, ID
Clinic for swimmers new to swim meets taught by officials and coaches, followed by a short meet.

Saturday, November 22
Turkey Trifecta
Central Washington University Pool
Ellensburg, WA
2nd annual, same format, new location!

Enter
Meets
Online



www.inlandnwmasters.org

IWMSC BOARD

Officers

Chair, 2013-2015

Matthew Bronson (FAF)
gr8white1965@yahoo.com

Vice-Chair, 2013-2015

Margaret Hair (LCNM)
margarethair15@centurylink.net

Secretary, 2013-2015

Thomas Williams (MCM)
tomw@uidaho.edu

Treasurer, 2013-2015

Rick Acosta (WVM)
acostarichard58@gmail.com

Past Chair, 2009-2013

Paige Buehler (MCM)
swim@galacticnorth.net

The following also serve on the Board of Managers in Appointed Positions

Registrar

Sean Murphy (TCAS)
kennewick.murphy@gmail.com

Top Ten Chair

James Adams (WVM)
jamesalbertadams@yahoo.com

Sanctions Chair

Carolyn MaGee (WVM)
wenswim@gmail.com

Fitness Chair

Margaret Hair (LCNM)
margarethair15@centurylink.net

Open Water Chair

Kathy Farrell-Guizar (WWM)
imagemanagement@charter.net

Newsletter Editor

Paige Buehler (MCM)

Coaches Chair

Mike Hamm (LCM)
swimdude41@aol.com

Officials Chair

Wes Bratton (TCAS)
wbratton7@gmail.com

Web Dude

Dave Cabrey (TCAS)
dcabrey@charter.net

*Plus Club and Team representatives
(continued on page 3)*

www.inlandnwmasters.org/leadership

2014 CONVENTION REPORT

By matt edde, outgoing coaches chair

Jacksonville, Florida was the destination for over 300 masters swimmers and leaders to convene during September for the U.S. Masters Swimming annual meeting. IW Chair Matt Bronson, IW Coaches Chair Matt Edde and USMS LMSC Development Committee Chair Paige Buehler were among them and collaborated on the following report.

2014 Updates to the USMS Strategic Plan (developed in 2011)

- **The Mission:** To promote health, wellness, fitness, and competition for adults through swimming.
- **The Vision:** USMS will be the premier resource for adult aquatic fitness in the US and will make fitness through swimming available for as many adults as possible.
- **Articulate Values:** Health and fitness, respect, fun, learning, and excellence
- **Volunteering:** USMS plans to enhance the volunteer experience, and assist in improving volunteer performance. Ways of providing this help include:
 - Posting job descriptions for volunteer positions.
 - Provide tutorials.
 - Host peer-to-peer conferences.
- **Products and Services:** To create and enhance membership values.
 - Adult Learn to Swim programs and grants.
 - Coaches Certification.
 - Communications.
 - Redeveloped website.
 - Continue to produce many articles and videos.
 - Swimming Saves Lives Foundation.
- **Brand Awareness:** What do people think when they see “Masters Swimming”?
 - “Masters Swimming” is now a registered trademark of U.S. Masters Swimming.
 - Ways to increase brand awareness include:
 - Online/social media communication
 - Designating April as Adult Learn to Swim Month
- **Partnerships:** Build relationships to improve pool access.
 - Engage in alliances with various clubs to allow for pool access and club development.
 - Help USMS strive to follow the mission.

Rule changes

- **104.5.2** The Championship Committee now determines the order of events for national championships in their policies. The meet order was previously set in the rule book and needed House of Delegates approval to change every three years.
- **104.5.3C(2)** Running long distance events at Nationals can be decided in three ways:
 - (a) Each competitor may enter only one of these events.
 - (b) Only competitors who meet the qualifying times in both events may enter both events.
 - (c) One of these events may be restricted to only competitors who meet the qualifying times in that event.
- **102.4.2** During meet warm ups, backstroke starts are restricted to designated dive lanes. Previously implied but now specifically stated.
- **302.2.3, 302.2.4, 302.2.5, 302.2.6** All new rules, which explain requirements of open water starts, turns, finishes, and feeding stations.
- **303.3.5, 303.3.6** Puts restrictions on escorts in the water. This provides more safety for the swimmers.

2014 Convention Report.....continued

- **303.8.3** Establishment of an Independent Safety Monitor required for open water swims.
- **302.2.2A** A minimum temperature is set for allowing open water events without thermal wear. In addition a minimum temperature was set for events with thermal wear but without an extended thermal plan. Every open water event still requires a basic thermal plan.

USMS Convention Workshops

- **Open Water Workshop: (Matt Edde)** The presenters focused on one thing: plan your race and race your plan. Topics included environment awareness, safety devices (such as sunscreen), warming up properly, positioning before the start, finish with your feet, navigation, in pool drills, emergency action plans, know the course, and nutrition during long races.
- **LMSC Development Workshop: (Matt Edde)** Matt Edde joined a group of LMSC coaches chairs to discuss problems they have with communicating with other coaches in their LMSC.
- **Adult Learn to Swim: A New Paradigm in Volunteering: (Paige Buehler)** This was a highly motivational and inspirational "real-life" story from the New England LMSC where they coordinated at least 8 Adult Learn to Swim(TM) programs throughout New England with the following elements:
 - Governor proclamations of April as "Adult Learn to Swim" month
 - Training 116 USMS member volunteers to teach basic water safety
 - Involvement of 8 clubs
 - and the cutest song "I'd Like to Teach the World to Swim" (though we probably don't have enough money to pay Coca-Cola for the rights to use the tune)

The focus was on how this volunteer engagement was even more important than the result of the learn to swim clinics themselves. The goal was to motivate clubs and LMSCs to find volunteers to coordinate this programming in their area. USMS National Office is creating Adult Learn to Swim(TM) programming so that soon we as volunteers will have a USMS-branded product to offer.

- **Bring Your Own Bylaws & Major Governing Documents (Paige Buehler)** helped facilitate a hands-on workshop to highlight the importance of good bylaws and to get the participants comfortable in reviewing their governing documents (bylaws, policies, LMSC-specific rules, etc.) Main point: be fanatical in following your bylaws and policies. Follow-on points: every LMSC in the room had weaknesses with theirs and review is not overly hard. But do follow the articles governing revision of documents, again, very carefully.
- **Budget workshop (Matt Bronson)** Discussion on purpose, need and best practices an LMSC should use. Many of the issues at the National Office level have been coming from people not getting along. People call up complaining that clubs are excluding people. She warned that if a club has certain discriminators such as ability, speed, participant ceiling due to space, etc. it needs to be listed in a written policy that can be referred to.

One of the biggest non-issues coming out of the USMS annual meeting was that the House of Delegates passed a \$250,000 deficit budget. Why this had potential to be an issue is that financial operating guidelines require the USMS Executive Director and the Finance Committee to present a net zero or positive income budget to the House of Delegates, unless otherwise directed by the Board of Directors. The reason why it was a non-issue is because the Executive Director, the Board and the Finance Committee worked so well to understand USMS's financial position, the opportunities available and to communicate those clearly to the House. The majority of the increase was driven by the acceleration of National Office staff hiring under the plan proposed in 2013 to meet increased Information Technology needs, Coach and Club Development reach and Marketing/Partnership opportunities.

IWMSC BOARD

(Continued from pg. 2)
Each duly registered club and workout group has one seat on the Inland Northwest LMSC Board of Managers

Clubs (as of Oct 2014)

CdA Tribal Masters (CDAT)
Plummer, ID
Joel Kopf - jkopf@bmc.portland.ihs.gov
CWU Swim Team (CWST)
Ellensburg, WA
Jaegger Olden - cwuswimclub@gmail.com
Lewis Clark Neptunes Masters (LCNM)
Lewiston, ID & Clarkston, WA
Nicole Engledow - NMCraft@aol.com
Rolling Hills Masters (RHM)
Pullman, WA
Wayne Gleason - wgleason@gmail.com
TriCity Atomic Sturgeons (TCAS)
Richland/Kennewick/Pasco, WA
Wes Bratton - wbratton7@gmail.com
WS Twente (WST)
Spokane, WA
Harm-Jan Steenhuis - hjsteehuis@hotmail.com
Yakima Aquatic Club Masters (YAC)
Yakima, WA
Karl Lieberknecht -
accounting@yacswimming.com

Workout Groups under Hydropower Masters Swim Club (HMS)

3 Rivers Masters Swimming (3RMS)
Buzz Vickery (TriCities, WA)
buzz.vickery@charter.net
Ellensburg Windy City Masters (EWCM)
Candi Eslingler
sling-candi@charter.net
Fairchild AFB Masters (FAFB)
Matt Bronson (Spokane, WA)
gr8white1965@yahoo.com
Lake City Kroc Masters (LCM)
Noelle Adams (Coeur d'Alene, ID)
noelleterese@yahoo.com
Moscow Chinooks Masters (MCM)
Shelly Ruspakka (Moscow, ID)
mcm@galacticnorth.net
Manta Ray Masters (MLMR)
Stephen Harger (Moses Lake, WA)
stephen_harger@yahoo.com
Sandpoint West Athletic Club (SWAC)
Robin Helm (Sandpoint, ID)
robinhelm1956@gmail.com
Spokane Club Masters
Larry Krauser
larry.krauser@kcgl.net
Spokane Sturgeons Swim Club (STRG)
Ruby Siegel
rubys@icehouse.net
Walla Walla Masters (WWM)
Kathy Farrell Guizar
imagement@charter.net
Wenatchee Valley Masters (WVM)
Carolyn MaGee
wenswim@gmail.com

USMS OPEN WATER NATIONAL CHAMPIONSHIP 3-6 MILE (5K) IN ELK LAKE

“Warmest lake temperature this century, this millenium even!” said event director Bob Bruce of the 70 degrees in Elk Lake, near Bend, Oregon, prior to the start of swims on Saturday, August 2, 2014. The Cascade Lakes Swim Series is comprised of five swims over three days: 3000m, 500m, 1500m, 5000m and the 1000m. The 5000-meter swim doubled as the USMS national championship in that distance which brought quite a few swimmers from the Inland Northwest.

Congratulations to James Devere (TCAS) for winning his age group



and the All American honor that goes with it. Above: Matt Bronson (FAF), Pat Lee (TCAS), James Devere (TCAS),

Paige Buehler (MCM) and Gordon Dowler (RHM) with their awards in front of South Sister near Bend, OR.

Time to Renew Club
or Workout Group
Membership!

Team leaders need to have renewed the club or workout group membership prior to November 1 so that all of us swimmers can affiliate with the right team.

If you think your team's leader may have gone AWOL, contact Registrar Sean Murphy to find out next steps.

IWRRegistrar@usms.org



www.inlandnwmasters.org

WATERLOG AWARD

The Waterlog Award is given on an annual basis to recognize the swimmers in the Inland Northwest who attend every meet held in the LMSC. A small trinket commemorates the achievement, but the value is in what each swimmer holds dear. Perhaps it is seeing swimmer friends on a semi-regular basis at meets, maybe training toward a particular time goal or wanting to support the meet hosts by

participating. Whatever your reason, try to become a “waterlogger” in the 2014-15 season.

New to swim meets? Plan to attend the Survival-to-Success meet clinic and mini-meet to learn the ropes on Saturday, November 15 in Plummer, ID. There's a hot tub on deck! Perhaps that's your incentive to get started attending meets.

2014 Waterlog Recipients

Rick Acosta (WVM)
James Adams (WVM)
Jack Bevier (WVM)
Bryan Brosious (MCM)
Paige Buehler (MCM)
David Cabrey (TCAS)
Matt Edde (MCM)
Margaret Hair (LCNM)
Bob Henager (MCM)

(Swimmers with last names beginning with a letter in the second half of the alphabet solicited for 2014-15 Waterlog...)



2015 Membership Application

All 2014 memberships expire on December 31, 2014



___ Renewal – my last USMS number was _____
 ___ New registration

Register with the same name you will use for competition. Please print clearly.

| | | | | |
|---|-----|---------------------|-------------------------|-------|
| Last Name | | First Name | | MI |
| Street Address | | | | |
| City | | State | Zip | Phone |
| Date of Birth (mm/dd/yy) | Age | Sex (circle) M F | E-mail address | |
| Club, Team, (see http://www.inlandnwmasters.org/ for your club or team) CWST, CDAT, LCNM, RHM, SAS, TCAS, WST, YAC, 3RMS, EWCM, FAFM, LCM, MCM, MLMR, SWAC, SCM, STRG, WWM, WVM (circle one) OR HMS-UNATTACHED, OR UNATTACHED | | | | |
| Signature (required) | | | Today's Date (required) | |

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach Certified Official

Please send a paper copy of the Splashmaster newsletter

| | FULL-YEAR FEES (if joining between Nov. 1, 2014, and Aug. 31, 2015): | END-OF-YEAR FEES (if joining between Sep. 1, 2015, and Oct. 31, 2015): |
|---|--|--|
| Full 2015 Membership fee | \$44 | \$28 |
| Reduced 2015 Junior (≤24) or Senior (≥ 60) today* | \$40 | \$24 |
| I wish to contribute this amount to: | \$ | \$ |
| <input type="radio"/> the International Swimming Hall of Fame Foundation <input type="radio"/> the USMS "Swimming Saves Lives" Fund and/or <input type="radio"/> local LMSC (circle choice) | | |
| Total: | | |

*Age at time of registration.

Benefits of Membership include a subscription to USMS's **magazine**, *SWIMMER*, during the length of the membership year. USMS Registered swimmers are covered with **secondary accident insurance**:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make **check** for total fee plus any optional donations/purchases **payable to:**

IWMSC

- 3) **Mail** check and completed forms (both Pages 1 and 2) to:

Sean Murphy, Registrar
PO Box 161
Richland Washington, 99352-0161



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

| | | | | |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | | Date Signed |

Postal Events - swim locally, rank nationally

It's not too late to participate in the USMS 3000/6000 yard ePostal event. The 3000-Yard ePostal and/or the 6000-Yard ePostal must be swum in its entirety on or between September 15 and November 15, 2014 in any 25-yard or 25-meter pool you choose. The recorded time you submit determines the order of finish for the national event. Some people do the 3000-yard ePostal and/or the 6000-yard ePostal event for competition, some do it for fitness while others do it for the social gathering afterwards to replenish calories depleted. Sign up now! www.usms.org/comp/event.php?MeetID=201409153-6KPOY

DID YOU HEAR?

Mid-October there was a Northwest Public Radio (NWPR) piece on Open Water swimming in the Pacific Northwest including the Long Bridge Swim. Take a listen at <http://nwpr.org/post/chilly-water-no-deterrent-growing-numbers-wild-swimmers>



IN MEMORIAM

Jane Haase
1932-2014



Longtime Wenatchee Valley Masters swimmer Jane Haase passed away on Saturday, October 4, 2014 at her home from a year-long battle with cancer. At 92 years old Jane was a regular at swim meets around the Inland Northwest. She was a member of the synchronized swim team at Washington State University and graduated with a nursing degree in 1957. Jane will be missed.

June Krauser
1926-2014



Most of us are familiar with the name Krauser from June's son, Larry, who lives and swims in Spokane. But not everyone knows that Larry's mom is known as the "Mother of U.S. Masters Swimming" having been instrumental in the early days of the organization publishing the "Swim Master," the mimeographed newsletter of meet results and goings-on in the world of Masters swimming. She also was responsible for creating the first USMS rule book among many other notable achievements, including 1400+ Top Tens and 157 national records throughout the years.

Steve Omi Memorial 1-mile Swim in Lake Coeur d'Alene - July 19, 2014



The white caps settled down by race time and the lake was a very warm 75 degrees.



Kevin Brackney (MCM) won a raffle prize: a wetsuit from Fleet Feet Sports.

Long Bridge Swim 1.76 miles - August 2, 2014



Sandpoint was host to over 700 swimmers who attended the 20th annual event. Lots of Masters Swimmers participated along with USA Swimming members, high school swimmers and many members of the community. Results at www.longbridgeswim.org.



Clear weather for spectators and swimmers alike at the 2014 event. (Photo by Caroline Lobsinger)

LEFT-LANE LETTER

Words from the Inland NW LMSC Chair, Matt Bronson

Welcome to another masters swim season in the Inland Northwest and another addition of the Splashmaster. I am extremely excited for this year. During the annual meeting in April, I discussed two possible goals for the LMSC. One of them was more clinics. On Nov. 15, CDA Tribal Masters is hosting a "Survival to Success" Meet Clinic for new swimmers in Plummer. It will educate swimmers on the flow of a meet along with starts and turns. Afterwards a short meet will follow. CWU Masters will be hosting the Turkey Trifecta Meet the following weekend (Nov. 22) in Ellensburg. This will be the first time for their club. Let's give them support by participating so they will be encouraged to host more meets. In February, the LMSC will be hosting another type of clinic: USMS Coaches Certification Levels 1, 2, and 3. The event will be at the Kroc Center in Coeur d'Alene on 21-22 February. Later in 2015 we hope to make headway on the second goal of holding a USMS-sanctioned open water swim in the Inland Northwest area.

The USMS Annual Convention concluded in September. Rules proposals, at-large zone directors and the annual budget were all approved or elected. The constant theme circled around providing more products and value to the membership of USMS. I hope we are making some progress in this area. We could do more. More clinics, meets, open water races and possibly giving back to the community with the Swimming Saves Lives Foundation. To do this we need volunteers to host events and help run them. We hope you can join us. Don't forget that 2015 registration begins 1 November. Have a happy holiday season!

SPLASHMASTER

Inland NW Masters Swimming Committee
PO Box 161
Richland, WA 99352

OFFICER ELECTIONS

Nominations for the following officer positions of the Inland Northwest Masters Swimming Committee (IWMSC) will be open December 1, 2014 through February 1, 2015:

Chair, Vice-chair, Secretary and Treasurer
Responsibilities for these offices are listed in the IWMSC Bylaws at www.inlandnwmasters.org under "Leadership & Board."

The Nominations Committee will be appointed prior to December 1 and listed on the IWMSC website.

MEMBERSHIP RENEWAL TIME



The 2015 membership year begins on November 1, 2014.

Some late year members took advantage of the new Late Year+ membership (Sept/Oct +2015). In fact 70% of late year members chose that option. Look for a notification allowing (not requiring) you to change your club/workout group affiliation between registration years is when you may do so without a 60-day waiting period between competing for different clubs.

To the Swimming Household of:

MEET SURVIVAL-TO-SUCCESS CLINIC

Basic Training for Masters swimmers new to competition

Learn how to enter a meet, how to read a Meet Program, what all the whistles mean, legal turns and finishes, and best of all, DIVES and BACKSTROKE STARTS. Put all you've learned into practice at the "Survival-to-Success" mini-meet directly following the clinic.

DATE: Saturday, November 15, 2014

LOCATION: Benewah Wellness Center, 1100 'A' St., Plummer, Idaho 83851

TIMELINE:

- Clinic: 10:00 AM – Noon
- Nutrition Break: Noon – 12:30 PM (BYOLunch)
- Mini-meet: 12:30 PM warm-up, 1:00 PM meet start

COST: \$20.00 for U.S. Masters Swimming Members (extra for one-event membership)

INCLUDED IN THIS EVENT:

- **MEET CLINIC** tailored to swimmers new to participating in swimming competition and/or wanting more experience learning dives and starts from blocks, pool deck and in-water.
- **MINI-MEET** featuring short distance events and two relays to put into practice the knowledge and skills learned during the clinic. The mini-meet will have timers so your swims will be "official" and you'll be able to see your times in the MyUSMS area of the usms.org website within 14 days of the event.

INSTRUCTORS:

Brenda Himmelberger is a USA-Swimming certified meet referee, starter and officials trainer. She has experience at age-group, masters, collegiate and national level swim meets and loves to share her knowledge with adult swimmers and aspiring officials. Brenda's focus at the clinic will be the starting sequence and starts.

Brian Johnson is a USA-Swimming certified stroke and turn judge. Brian's been swimming most his life, competing as an age group, collegiate, and masters swimmer, and has a blood chlorine level of 0.08. Brian will share his knowledge of legal touches, turns and stroke essentials.

Shelly Ruspakka is the head coach of Moscow Chinooks Masters Swimming. As a former NCAA All-American swimmer in backstroke she is passionate about swimming. Shelly has been breaking down the elements of dives and starts for her Masters swimmers as well as the Junior Development age-group swimmers she coaches for Vandal Aquatics Club.



SURVIVAL TO SUCCESS

MINI-MEET INFORMATION & ENTRY

Date/Times: Saturday, November 15, 2014.

Clinic begins at 10:00am.

Warm-up starts at 12:30pm (after lunch break)

Meet starts at 1:00 pm.

Sponsor: Coeur d'Alene Tribal Masters Swim Club.

Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number **354-S006**.

Facility: Benewah Wellness Center pool. 25 yard competition pool with 5 lanes. Locker rooms adjacent to pool deck. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From ID Hwy 95 turn west on 'A' Street (CdA Tribal Police Stn on corner). Head two blocks west to the Benewah Wellness Ctr. Enter main doors and check in at front desk.

Eligibility: All swimmers must be currently registered U.S. Masters Swimming swimmers or foreign equivalent. New members can register online: www.usms.org/reg. One-event membership available for an extra \$15 payable to IWMSC.

Rules: 2014 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Deadlines: All paper entries must be received by Thursday, November 13, 2014 6:00pm. Online meet/clinic entry closes Thur, Nov. 13, 11:59pm.

Fees: \$20 for clinic & meet entries. Make check/money order payments to "CdA Tribal Wellness Center." Online registrations will be charged to a credit card. **The charge will be from "ClubAssistant.com Events" for this meet.**

Conduct of the meet: Each participant may swim five individual and two relay events. Since this is a developmental meet no points will accumulate for individuals or teams towards Inland NW high point awards. Times will be official.

Relays: Will be formed on deck with willing participants. Fun will be had by all.

QUESTIONS: Contact Clinic/Meet Directors Joel Kopf at (208) 659-6109 or Peyton Webber at (208) 686-9355 x508 - IWEvents@gnorth.net

Online entries:

https://www.ClubAssistant.com/club/meet_informati on.cfm?c=1858&smid=5998

Online deadline: Thursday, Nov. 13 11:59pm PST

Mail Entries to: Joel Kopf/Peyton Webber
c/o Benewah Wellness Ctr
PO Box 700, Plummer, ID 83851

Receipt by: Thursday, Nov. 13 6:00pm PST

Entry fee: \$20.00

Checks payable to: CdA Tribal Wellness Center

USE THIS FORM TO ENTER THE "SURVIVAL-TO-SUCCESS" CLINIC & MINI-MEET

Name _____ (circle one) Male/Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email _____ USMS # _____ Club/Team _____

Enter events using Yard Times • Maximum of 5 Individual and 2 Relay Events.

| # | Event Name | Your estimated time | # | Event Name | Your estimated time |
|---|------------------|---------------------|---|------------------------------|---------------------|
| 1 | 500 Free | | 5 | 50 Breast | |
| 2 | 50 Fly | | 6 | 50 Free | |
| 3 | 50 Back | | 7 | 100 Individual Medley (I.M.) | |
| 4 | 200 Medley Relay | Pref stroke: | 8 | 200 Free Relay | Formed on deck |

Entries without the U.S. Masters Swimming Participant Waiver will be returned or held.



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

- 1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- 2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- 3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- 4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- 5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Please fill out COMPLETELY

| | | | | |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | Date Signed | |

Central Washington University Masters presents **Turkey Trifecta**

Saturday, November 22, 2014

Date/Times: Saturday, November 22, 2014. Warm-up starts at 10:00am, Meet starts at 11:00 am.

Sponsor: Central Washington University Swim Club. Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number **354-S007**.

Facility: Central Washington University's Aquatic Facility. 25 yard competition pool with 8 lanes and automatic timing system. Dedicated 2 lanes of the pool for warm up/down. Locker rooms adjacent to pool deck. Spectator balcony. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: **1.** From I-90 heading either east or west take exit 106. **2.** Continue straight on University Way. **3.** Take a left on D St, continue to the second stop sign on E Dean Nicholson Blvd and take a right. **4.** Take a left onto N Walnut St and parking will be to the left directly outside of the Aquatic Facilities (boxy brick building next to the football field and Dorothy-Purser Hall). [Map](#) at www.cwu.edu/rec/aquatic-center.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2014 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Deadline: All paper entries must be postmarked by Saturday, November 15, 2014. Online meet entry closes Tuesday, November 18th, 11:59pm PST.

Fees: \$30 for entries. Make payment by check/money order payable to **CWU Swim Club**. **Cash will not be accepted.** Online registrations will be charged to a credit card. **The**

charge on your card will be from "ClubAssistant.com Events" for this meet.

Conduct of the meet: Each participant may swim five individual and three relay events. Individuals can choose to participate in a Trifecta. Trifectas are for swims of all three distances (50, 100, 200) in one stroke. The individual medley will be the distances of (100, 200, 400). The Brute Squad is a trifecta comprised of the 400 IM, 200 Butterfly and 1650 Free.

Relays: Submit relay cards to the Clerk of Course by 11:30 AM. Individuals must be signed up with the club they represent to have their relay points count for that club. Events 2&3, 10&11 and 17&18 will be combined so swimmers may only participate in one relay per distance/stroke combination.

Awards: First-Third place ribbons will be available. Trifectas will be awarded to the fastest combined time for males and females in the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, etc.

Accommodations: Nearby hotels are the Hampton Inn, Holiday Inn, Comfort Inn, Quality Inn, Best Western, Days Inn, and Motel 6.

QUESTIONS: Contact Meet Director Jaegger Olden at (360) 591-5521 before 9pm PT or email oldenj@cwu.edu

Postmarked by: Saturday, Nov. 15, 2014
 Online entries: www.ClubAssistant.com/club/meet_information.cfm?c=1858&smid=5786
 Online deadline: Tuesday, Nov. 18 11:59pm PST
 Mail Entries to: Jaegger Olden
 501 E 18th St., Unit 151
 Ellensburg, WA 98926
 Entry fee: \$30.00
 Checks payable to: CWU Swim Club

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email _____

USMS # _____ Club/Team _____

Enter events using Yard Times Maximum of 5 Individual and 3 Relay Events *Entries must include Participant Waiver (pg 2)*

- | | | |
|---|---------------------------------------|---|
| 1) 1650 Y Freestyle _____ | 10) 400 Y Freestyle Relay _____ | 19) 50 Y Butterfly _____ |
| Second Warm-up at Approx. 12:45 pm | 11) 400 Y Mixed Freestyle Relay _____ | 20) 100 Y Breaststroke _____ |
| 2) 200 Y Freestyle Relay _____ | 10 Minute Break | 21) 200 Y Backstroke _____ |
| 3) 200 Y Mixed Freestyle Relay _____ | 12) 200 Y Freestyle _____ | 22) 50 Y Freestyle _____ |
| 4) 400 Y Ind. Medley _____ | 13) 50 Y Breaststroke _____ | 23) 500 Y Freestyle _____ |
| 10 Minute Break | 14) 100 Y Backstroke _____ | |
| 5) 100 Y Freestyle _____ | 15) 200 Y Butterfly _____ | TRIFECTA challenge, if desired |
| 6) 200 Y Breaststroke _____ | 16) 100 Y Ind. Medley _____ | <input type="checkbox"/> Butterfly <input type="checkbox"/> Backstroke |
| 7) 50 Y Backstroke _____ | 17) 200 Y Medley relay _____ | <input type="checkbox"/> Breaststroke <input type="checkbox"/> Freestyle |
| 8) 100 Y Butterfly _____ | 18) 200 Y Mixed Medley relay _____ | <input type="checkbox"/> Brute Squad <input type="checkbox"/> Butterfly & Brute |
| 9) 200 Y Ind. Medley _____ | 10 Minute Break | |



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| | | | | |
|----------------------------------|------------|----|--------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | | Date Signed |